

# Vitality Checks available!

## at your local health department



### Questions?

Call Lisa Johnson at (270) 781-2490, ext. 214 or email [Lisa.Johnson@barrenriverhealth.org](mailto:Lisa.Johnson@barrenriverhealth.org)

### General questions?

HumanaVitality  
(855) 478-1623

Get your Vitality Check (biometric screening) and start LivingWell.

**Warren County**  
**Oct. 6-8**  
**Barren River District Health**  
**Dept.**  
**1109 State Street**  
**Bowling Green**

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### Follow three easy steps!

#### Step 1: Pick a date

The Vitality Checks will run from 8 - 10 a.m. Appointments are not required.

#### Step 2: Attend the event

Fast for at least nine hours prior to your Vitality Check.

Bring your HumanaVitality ID card and a photo ID.

#### Step 3: Get rewards

HumanaVitality rewards you for getting your Vitality Check. You receive 2,000 Vitality Points just for completing and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment, too.

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*The biometric screening consists of a finger prick to measure your cholesterol and blood glucose, blood pressure check, and height, weight, and waist circumference measurements.*

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*LivingWell* Humana Vitality

Visit [LivingWell.ky.gov](http://LivingWell.ky.gov) to learn about all your wellness benefits.



Questions?  
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